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FOOD VALUE OF SQUABS



AMERICAN SQUAB BREEDERS
ASSOCIATION

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FOOD VALUE OF SQUABS

INFORMATION RELATIVE TO THE USE
OF SQUAB MEAT. USEFUL AND HELP-
FUL RECIPES FOR THE PREPARATION
OF SQUABS FOR HOME CONSUMPTION.
ANALYSES SHOWING THE FOOD VAL-
UE OF SQUABS AS COMPARED WITH
OTHER FOODS.



PUBLISHED AND DISTRIBUTED BY THE
AMERICAN SQUAB BREEDERS ASSOCIATION

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WHAT IS A SQUAB?



IN years of raising and selling squabs, the writer has come into contact with countless numbers of people, as have the other members of this Association, who have only a vague idea, or none at all, as to what is a squab. For this reason a definition may not be amiss.

A squab is a young pigeon. After the egg has been incubated for seventeen days by the parent birds, the squab hatches. At first it is fed a milky substance—called pigeon milk—which increases in density as the squab grows older. The squab sits quietly in the nest for four weeks and in that time puts on fat, which for lack of exercise is exceptionally tender. Nothing but the choicest grains are eaten by the parent bird and as the old birds are not scavengers, only clean sweet food is fed to the squab. When the bird is four weeks old it is ready to be killed and consumed.

Squabs are one of the cleanest forms of meat. They are simply the result of the transformation of grain and cereals into animal flesh. Pigeons are exceptionally clean, in fact one of the cleanest of the bird family. Squabs, therefore, are most delicious and palatable.

MEDICINAL VALUE OF SQUABS



THE following is from the pen of T. Shannon McGillivray, M. D., C. M., graduate in medicine from the Royal College of Physicians and Surgeons, also graduate of Ontario College of Physicians, Canada, and honorary graduate of the state universities of New York and California:

"It is a curious fact that among all your correspondents not one of them has mentioned the great value of both the flesh and the juice of the squab in the treatment of children's diseases. Being for many years a specialist in diseases of children and, I may say, one of the first to learn that in case of stomach and intestinal dyspepsia where the ptyalin of the saliva, the gastric and pancreatic juices have disappeared, the juice of the squab (liquor protoplasm) is readily absorbed into the veins, and it is the most nourishing and vitalizing fluid known to the medical profession for the treatment of children suffering from indigestion, dyspepsia, chlorosis, or any other wasting disease due to malnutrition.

"Protoplasm is the life giving, active growing part of any animal or bird, and the less solid and more fluid it is, the faster the growth. A young pigeon previous to its leaving the nest has from two to five ounces of this protoplasm, or liquid protoplasm, hence it is the latest of all birds or animals to grow to the size of its parents, and at four and one-half weeks it weighs more than it ever will again. Then it leaves the nest. The liquor protoplasm drains off and in forty-eight hours weighs several ounces lighter, and the speedy growth is retarded or completely stopped.

"This explains why the young pigeon is useless as a remedy in diseases of children after it leaves the nest—it has then lost the liquor protoplasm. Squabs are richer in lecithin than a chicken. Lecithin is the chief component of the nervous system."

SQUABS CONTAIN LARGE AMOUNTS OF PROTEIN AND PROTOPLASM

**Food Value of Squabs 390 Calories to 100 Grams of Squab Meat—
Average Squab Contains 4 to 6 Ounces of Protoplasm.**

By FRANK H. HOLLMANN, Editor American Squab Journal,
President American Squab Breeders Association



It has long been known in a general way that the flesh and juices of young pigeons and other seed-eating birds is the best acceptable form of protein food, but why this is so is scarcely comprehended at all. The mechanism of our bodies is built up and kept in running shape mainly by the food we take, and we all try to be particular in selecting it. Many of our domestic fowls, on which we feed so abundantly, are not at all particular about what they eat. The chicken, especially, is a born scavenger, and will devour carrion with relish. In comparing appetites, it is in the same class as the pig, another of our favorite food animals.

It is not claimed, however, that chickens, pigs, and other similar animals are not desirable for food, for this depends mainly on the food and care they receive, but consumers are always more or less at the mercy of disreputable breeders. In squabs we have the choicest and most nourishing cereals transformed from vegetable to animal protein with positive gain in food value, savor, and digestibility. Pigeons, by nature, are cleanly and eat only clean food, and so cannot be juggled into an unwholesome product.

The manner in which an animal or fowl has been fed cannot always be detected by the taste. It is only in extreme cases where it is noticeable. Birds that live exclusively on fish are always fishy in taste; ducks that eat wild celery only have a flavor of that plant; pigs reared altogether on peanuts produce a greatly prized article of pork; and seal meat differs only from fish in appearance.

The fact that squabs cannot be produced from waste materials of any kind, but only from the choicest and most expensive grains, must give them a food value far above all other classes of protein, not excepting the ox or sheep.

We look upon the egg as representing the most concentrated essence of the hen, and this has made its use as food well-nigh universal. What shall we say of the pigeon that eats practically nothing but the germs of grains and legumes and so elaborates into its body the combined essences of man's best known foods?

The squab, until it is four weeks old, stays in the nest, and is fed with these seeds and legumes, and kept as fat as possible. The vegetable protein in the seeds is changed to animal protein in the squabs. The noticeable change for the better in invalids eating squabs regularly is due to the protein furnished their bodies by the squabs which they eat.

It is not the toothsome and savory character of the squabs alone that has made them so popular with invalids, but it is their actual help in supplying nature with elements in which she is deficient, derived from the whole grains of cereals and legumes. The progress of the arts, and their catering to taste, have installed many errors in the preparation of food. In the refining and whitening of flour, rice, sugar, etc., nearly all the mineral elements, so necessary to health, have been removed from these articles, and it is no matter of wonder that disease should increase despite the increased efficiency of the medical profession.

There can be no doubt that animal protein, and especially that of the squab, owes much of its marvelous effect in supporting life and building up weak constitutions in supplying these mineral elements derived newly from the natural grains and legumes.

When one deals with sickness in all its forms and has to bring back to health a worn and wasted system, what better assistance could he offer than a nourishing diet of squab broth after a long continued sickness such as typhoid fever? The patient will eagerly partake of a little of the white meat, which may be given with safety to the convalescent.

Depending on easily digested meat as a diet in sickness, our attention is directed to the squab, whose food value is known to be 390 calories to the 100 grams of squab, which is the highest food value known. To substantiate this statement, I will say that quail yields 160 calories, creamed chicken 210 calories, and broiled chicken 108 calories.

After a series of tests and scientific experiments by a competent medical authority relative to the real value of squabs, it has been accurately determined that the flesh and juice of an ordinary squab of the common pigeon contains on an average of about $1\frac{1}{4}$ ounces of liquid protoplasm, while the squabs from Runts, Carneaux, Maltese, Mondaines, White Kings, and Homers, contain 4 to 6 ounces of protoplasm. It takes from three to four weeks to accumulate 4 to 6 ounces of protoplasm in a squab. It takes from eight to ten weeks in a spring chicken. One would have to eat five pounds of the choicest beef steak to get the same amount of protoplasm as there is in a plump squab.

If you doubt the statements concerning the great amount of protoplasm contained in squabs, ask your family physician about this protoplasm, and the result will be that more people will eat squabs. They contain more phosphorus than any other known

food. This is one of the principal constituents of the human brain. Squabs are richer in lecithin than the chicken, which is the chief compound of the nervous system. Protein is the body builder and life-giving food, and protoplasm builds up the brain and the nervous system.

If squabs will help build up weak and run-down constitutions—which has been proved conclusively—they should be just as valuable to well persons who desire to keep their health and strength. The fact that doctors recommend squabs to patients suffering from stomach ailments should be convincing proof that they are easily digested.

The great French actress, Sarah Bernhardt, now past her 72d year claims that plenty of buttermilk and squabs will keep one young forever. Try this diet for one month. Two or three squabs a week and not less than two glasses of buttermilk a day, night and morning, and note the change.

Then, if by its ease of digestion, savory taste and nourishing power, the squab is acceptable to the convalescent and invalid, why should not it be equally so to the person in good health who is desirous of more power of body and mind. The first essential to growth of soul is a clean and healthy body, and the greatest factor towards acquiring this is a high class food.

TESTIMONIAL FROM AN EMINENT PHYSICIAN

Both Phones.

THEO. H. BOYSEN, M. D.

100 Philadelphia Ave.

Egg Harbor City, N. J., January 31, 1918.
Secretary American Squab Breeders Association.

Dear Sir:—In reply to your letter of the 18th inst., in reference to the value of broth of the squab for the sick and convalescent, can say that I have had very agreeable results. I use it mostly in tubercular infections. I have found it a fine tissue builder in incipient cases, the muscular strength readily equalized and the nervous system controlled. In chronic cases I generally add some soluble lime salt in addition to phosphoric acid dilute. Gastric cases with nervous disturbance do fine. My best indication is the increase of weight that is observed.

My observation covers a period of three years of its use and I think with good results.

Respectfully yours,

(Signed) Theo. H. Boysen.

EAT SQUABS

If you are in a run-down condition try eating a few squabs a week. Do it systematically and you will experience a great change in your health. Let the Secretary of this Association tell you where you can secure freshly dressed squabs at a nominal sum, or write to the nearest member.

SQUABS AS COMPARED WITH OTHER FOODS

ANALYSES OF SQUABS*

	Water Per cent	Protein Per cent	Fat Per cent	Ash Per cent	Fuel Value Calories
As purchased	49.0	15.7	18.6	1.3	1045
Edible Portion	58.0	18.6	22.1	1.5	1240
Meat, not including giblets,	56.6	18.5	23.8	1.4	1310
Giblets	69.8	19.8	7.2	2.0	655

Food Value of Other Meats for Comparison†

Young Chicken:					
As purchased	55.5	17.8	7.2	0.9	615
Edible Portion	68.4	21.9	8.9	1.1	760
Broilers:					
As purchased	51.2	15.5	3.3	0.8	415
Edible Portion	69.7	20.7	8.3	1.1	715
Capons:					
As purchased:	46.8	17.7	17.5	1.0	1035
Edible Portion	56.7	21.5	21.2	1.2	1255
Turkey:					
As purchased	49.2	19.0	16.2	1.0	1005
Edible Portion	57.4	22.2	18.9	1.2	1175
Ducks:					
As purchased	51.4	15.4	16.0	1.1	930
Edible Portion	61.1	18.3	19.0	1.3	1110
Quail:					
As purchased	59.0	22.3	6.1	1.4	655
Edible Portion	65.9	25.0	6.8	1.6	730
Guinea Hen:					
As purchased	57.7	19.4	5.4	1.1	570
Edible Portion	69.1	23.1	6.5	1.3	685

The refuse in Squabs is 15.6; Young Chicken 18.8; Broilers 29.1; Capon 17.5; Turkey 14.3; Duck 15.9; Quail 10.5; Guinea Hen 16.4.

Other Foods for Comparison†

	Water	Protein	Fat	Ash	Fuel Value
Beef, sirloin steak.....	54.0	16.5	16.1	0.9	955
Pork chops	41.8	13.4	24.2	0.8	1230
Lamb chops	45.3	16.0	24.1	0.8	1275
Halibut, fresh, steaks.....	61.9	15.3	4.4	0.9	460
Mackerel, salt	34.8	13.9	21.2	10.4	1115
Mutton, leg	51.2	15.1	14.7	0.8	875
Oysters, solid	88.3	6.0	1.3	1.1	220
Eggs, as purchased.....	65.5	11.9	9.3	0.9	595
Milk	87.0	3.3	4.0	0.7	315

From the above analyses it will be seen that squabs are a most economical form of food and certainly a most beneficial one, both

*From Farmers' Bulletin 182, U. S. Department of Agriculture.

†From Department Bulletin 467, U. S. Department of Agriculture.

to strong well persons and to those who are in a run-down condition.

We recommend squabs to every one without exception and we feel that after giving squabs a proper trial you will agree with us in all our statements.

Squabs should be more freely consumed, and one will find them most appetizing. A great variety of dishes may be prepared with them and one will never tire of their delicious flavor and their tender qualities.

To the matron who has come to her wits' end as to what to serve at her card parties, dinners and luncheons we wish to recommend the squab. A great many are taking to this idea and are having splendid results, their guests always being over-enthusiastic about the idea. Try a few squabs the very next time you entertain and you will never regret it.

Lechitin, for the nervous system.

Phosphorus, for the brain.

Protein, the body builder.

Protoplasm, for both brain and nerves.

These four great constituents of the human body are all found abundantly in SQUABS.

RECIPES FOR THE PREPARATION OF SQUABS

BROILED SQUAB:

Split the squab through the back lengthwise, split the breast-bone. Brush all over with melted butter or wrap in thin sliced bacon. Sprinkle with salt and pepper, place them in a hot oven for fifteen minutes; if not richly browned, finish under the gas flame or over glowing coals. Serve on heart shaped pieces of toast, dipped quickly into dipping pan; garnish with sprigs of parsley and a crescent shaped croquette.

SQUABS EN CASSEROLE:

Dress, clean and truss three jumbo squabs. Put in casserole, brush over with melted butter, cover and bake ten minutes. Add one-half cupful of chicken stock. Again cover and cook until squabs are tender. Add one cup boiled potato balls, one bunch cooked asparagus and five Bermuda onions, peeled, cut in one-fourth-inch slices broiled over a clear fire and then brushed over with melted butter and sprinkle with salt.

ROAST PIGEONS:

Clean and truss six pigeons, put in stew pan, nearly cover with boiling water and let simmer until birds are tender, adding one teaspoonful salt the last fifteen minutes of the cooking.

To three cupfuls of bread-crumbs add one-half cupful of melted butter, one-half cupful of stock in which pigeons were cooked (scant), and season to taste with salt, pepper and onion juice.

Arrange stuffing in six mounds in dripping pan and on each place a bird. Brush over with soft butter and dredge with flour. Bake seven minutes, cover bottom of pan with pigeon stock and baste birds. Bake five minutes and again baste, by which time the entire surface of the birds should be browned. Garnish with cutlet-shaped pieces of toast, and parsely.

Note:—The recipe printed immediately above is for old pigeons. One will find squab much better and much more delicious when cooked.

(The recipes on this page are printed through the courtesy of the Ralston Purina Co., St. Louis, Missouri.)

BROILED SQUABS:

By MRS. JAS. P. KINNARD

Upon being asked how to cook a Welch RARE BIT, the old negro cook replied: "You must furst ketch yer rabbit." So to properly broil squabs you must first be sure that you have good large fat squabs.

Split open the squabs in the back, and plunge them into a vessel of cold water, letting them remain an hour or so until chilled. Drain well and sprinkle with a very little salt, or a little salt can be added to the water, which tends to draw out the blood; but use salt very sparingly as it will extract the juices of the meat and toughen it. When ready to cook divide in halves, removing the wings if desired, lay on a meat board and mash flat with a heavy cleaver or flat iron. Then place in hot skillet or griddle, without any grease, and when well seared on one side, turn over, and continue turning until brown and thoroughly done. Remove the hot dish, add butter and a little water to the gravy, and salt to suit taste. Then pour over squabs and serve piping hot, and you have a dish fit for a queen.

HOW TO FRY SQUABS:

The old fashioned way of frying a chicken is probably the best way. This method requires a lot of grease and, therefore, is not often used unless there are a number of squabs to fry. Although by this method a lot of grease is needed in which to fry the birds, they are not at all greasy when cooked if the grease is kept hot. Take a kettle of lard and get it extra hot, then cut the squabs in halves as you would a spring chicken, and drop them into the grease. There must be enough grease to cover the squabs completely just as you would have when frying doughnuts. You can put in several halves at a time and let them remain until thoroughly done, which will only require a few minutes if the grease is kept hot enough. Salt and pepper to taste. Serve on a platter or on individual plates while hot.

Another way to fry squabs is to first parboil them, then pour off the water. Add a little lard or butter and fry quickly over a hot fire. While squabs are not good unless thoroughly cooked care should be taken not to over-boil, as they are very tender and will fall to pieces if over-cooked.

Squabs can be fried without parboiling, but it takes a little longer to get them done all the way through. If you desire, you can roll them in flour, corn meal or butter before frying.

Still another method of frying squabs is to split the birds open in the back, flatten them out well and lay face or open part down in a skillet with enough lard or other grease to keep them from burning. Place a cover over the birds that is a little smaller than the skillet, weight the cover down with a flat iron or other weight,

and let cook until done. Then take the cover off and increase the heat for the purpose of browning the squabs, turning them over for each side to brown.

(The foregoing recipe "How to Fry Squabs" is by E H. Eggleston, and is published through the courtesy of the American Squab Journal.

ROAST SQUAB ON TOAST:

Fasten thin slices of pork over the breasts, place in a roasting pan with a little water; baste every five minutes. About ten minutes before taking up place a slice of toast under each squab and serve on this. Fry coarse bread crumbs to a nice brown in butter and pour over squab when ready to serve. Send bread sauce to the table. Boil liver and pound into a paste with butter, pepper and salt; spread on toast before placing under squab.

FRIED SQUABS ON TOAST:

After cleaning, split down the back, place in a frying pan with a little water added, also pepper and salt to taste; then cover. After steaming a few minutes, put some butter in the pan, fry to a nice brown. When ready to take up, toast some bread to a crisp and lay half a squab on each slice; pour over a little of the broth, sprinkle with a dash of celery salt, serve hot.

(The above two recipes are by George A. Collins and are published through the courtesy of the American Squab Journal, Warrenton, Mo.)

FRIED SQUABS ON TOAST:

Split in half; roll in flour and fry in butter. Keep pan covered except when turning the squabs over. Season to taste and serve hot on toast.

SQUAB FRICASSEE:

Cut squab in about six pieces; cover with clean water and put over to boil. When cooked tender, remove meat. In another pan put a small chunk of butter and let melt. Add a little flour to the butter, stirring continually until butter and flour are thoroughly mixed. Slowly add the broth that squabs have been cooked in. Season to taste. This makes a delicious gravy to pour over the meat.

SQUAB ESPANOLE:

Cut squab in about six pieces and put in flour. Place in baking pan and sprinkle with chopped onions, green peppers and celery. Sprinkle with flour and add a few chunks of butter, and brown in oven, stirring occasionally to keep from burning. When about cooked add some tomatoes and let simmer till done. Season to taste and serve hot. Mushrooms or french peas make a nice addition to this dish.

SQUABS A LA MARYLAND

First, remove all pin feathers; split in half and rinse bird thoroughly. In the meantime have a cup of milk heated and fry a couple of strips of bacon. Boil the halves in flour and fry to a brown in the bacon grease; then remove from pan and add to the fryings a little flour (just enough to absorb the grease); continue stirring until it begins to brown. Then add hot milk slowly, stirring continually until the desired consistency is reached for a rich gravy. Next place the squab on toast; pour the gravy over it and lay a strip of bacon on each half. Garnish with lettuce if convenient and serve piping hot.

(The recipes on this page are by Z. H. Eager, one of our members, and they are published through the courtesy of the American Squab Journal, Warrenton, Mo.)

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 Fabian, Jesse M.....Morrisville, Pa
 Foster, M. BLotell, Pa
 Lancaster County Squab Co.....Mountville, Pa
 Miller, LewisGaleton, Pa
 Ritter, Charles L.....Shoemakersville, Pa
 Simon, I. Norris, Jr., 5416 Rising Sun Ave.....Philadelphia, Pa
 Sweitzer, Wm., 1109 Butler St.....Easton, Pa
 Weaver, S. Malcom.....Littlestown, Pa
 Winch, George W., Sr., 7931 Division St.....Pittsburgh, Pa

SOUTH CAROLINA

Reynolds, H. F., 41 Reid St.....Charleston, S. C
 Spartan Farms, E. C. Henderson, Mgr.....Inman, S. C

SOUTH DAKOTA

Aiken, Elmer, Box 76.....Yankton, S. Dak
 Eager, Z. H., Box 259.....Mitchell, S. Dak

TENNESSEE

Dorn, J. M., 1208 Windsor Ave.....Bristol, Tenn
 White, Hu. L., 1003 Blythe St.....Memphis, Tenn

TEXAS

Basham, S. H.....Midland, Texas
 Blessing, S. C., 1110 Cherry St.....Fort Worth, Texas
 Kinnard, Jas. P.....Haskell, Texas
 Lauder, J. S., 1621 Galveston Ave.....Fort Worth, Texas
 Prairie Hill Squab Co., H. J. Baker, R. 2.....Delia, Texas

VIRGINIA

Granberry, J. K.....Deerfield, Va

WEST VIRGINIA

Whisner, Allen H.....Martinsburg, W. Va.

WISCONSIN

Manske, Fred, Route 2.....Lake Mills, Wis

AUSTRALIA**Victoria**

Darge, Algernon, 175 Collins St.....Melbourne, Victoria

EAT "ASBA" SQUABS—THEY PLEASE THE TASTE